AMENDMENTS TO THE CLAIMS

1. (Currently amended) A method for treating dyslipidemia consisting essentially of administering to an individual in need thereof ~~an~~ a synergistically effective dose of a chromium complex and biotin.

2. (Previously presented) The method of Claim 1, wherein the synergistically effective dose of chromium complex is between about 25 and 2,000 micrograms per day.

3. (Previously presented) The method of Claim 1, wherein the synergistically effective dose of chromium complex is between about 300 and 1,000 micrograms per day.

4. (Previously presented) The method of Claim 1, wherein the synergistically effective dose of biotin is between about 25 μg and 20 mg per day.

5. (Previously presented) The method of Claim 1, wherein the synergistically effective dose of biotin is between about 150 μg and 5 mg.

6. (Original) The method of Claim 1, wherein said dyslipidemia is caused by elevated levels of LDL cholesterol in the blood.

7. (Original) The method of Claim 1, wherein said dyslipidemia is caused by low levels of HDL cholesterol in the blood.

8. (Original) The method of Claim 1, wherein said dyslipidemia is caused by elevated levels of triglyceride in the blood.

9. (Original) The method of Claim 1, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

10. (Original) The method of Claim 1, wherein said chromium complex is in a pharmaceutically acceptable carrier.

11. (Original) The method of Claim 1, wherein said biotin is in a pharmaceutically acceptable carrier.

12. (Original) The method of Claim 1, wherein said chromium complex is orally administered.

13. (Original) The method of Claim 1, wherein said biotin is orally administered.

14. (Original) The method of Claim 1, wherein said chromium complex is parenterally administered.

15. (Original) The method of Claim 1, wherein said biotin is parenterally administered.

16. (Original) The method of Claim 1, further comprising administering picolinic acid.

17. (Original) The method of Claim 1, further comprising administering nicotinic acid.

18. (Original) The method of Claim 16, further comprising administering nicotinic acid.

19. (Original) The method of Claim 1, wherein said chromium complex and said biotin are administered simultaneously.

20. (Previously presented) The method of Claim 1, wherein said biotin is administered separately from said chromium complex.

21. (Canceled)

22. (Canceled)

23. (Previously presented) A method of reducing the glycemic index of food comprising administering to said food a synergistically effective amount of a chromium complex and biotin.

24. (Original) The method of Claim 23, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

25. (Previously presented) The method of Claim 23, wherein between about 25 and 1,000 micrograms of said chromium complex is administered to the food.

26. (Previously presented) The method of Claim 23, wherein between about 25 μg and 10 g of biotin are administered to the food.

27. (Original) The method of Claim 23, wherein said chromium complex and said biotin are administered simultaneously.

28. (Previously presented) The method of Claim 23, wherein said chromium complex is added separately from said biotin complex.

29. (Original) The method of Claim 23, wherein said chromium complex and said biotin are administered as a powder, liquid, oil suspension, granule, emulsion, syrup, elixir, or beverage.

30. (Original) A food having a reduced glycemic index prepared by the method of Claim 23.

31. (Previously presented) A method for lowering post prandial hyperglycemia comprising administering to a subject in need thereof a synergistically effective amount of a chromium complex and biotin.

32. (Original) The method of Claim 31, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

33. (Original) The method of Claim 31, wherein said subject is administered between about 25 and 2,000 micrograms per day of a chromium complex and between about 25 μg and 20 mg per day of biotin.

34. (Original) The method of Claim 31, comprising administering between about 300 and 1,000 micrograms per day of a chromium complex.

35. (Original) The method of Claim 31, comprising administering between about 150 μg and 5 mg biotin per day.

36. (Original) The method of Claim 31, wherein said chromium complex and said biotin are administered simultaneously.

37. (Previously presented) The method of Claim 31, wherein said biotin is administered separately from said chromium complex.

38. (Previously presented) A method for raising serum HDL levels comprising administering to an individual in need thereof a synergistically effective dose of a chromium complex and biotin.

39. (Previously presented) The method of Claim 38, wherein the synergistically effective dose of chromium complex is between about 25 and 2,000 micrograms per day.

40. (Previously presented) The method of Claim 38, wherein the synergistically effective dose of chromium complex is between about 300 and 1,000 micrograms per day.

41. (Previously presented) The method of Claim 38, wherein the synergistically effective dose of biotin is between about 25 μg and 20 mg per day.

42. (Previously presented) The method of Claim 38, wherein the synergistically effective dose of biotin is between about 150 μg and 5 mg.

43. (Previously presented) The method of Claim 38, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

44. (Previously presented) The method of Claim 38, wherein said chromium complex is in a pharmaceutically acceptable carrier.

45. (Previously presented) The method of Claim 38, wherein said biotin is in a pharmaceutically acceptable carrier.

46. (Previously presented) The method of Claim 38, wherein said chromium complex is orally administered.

47. (Previously presented) The method of Claim 38, wherein said biotin is orally administered.

48. (Previously presented) The method of Claim 38, wherein said chromium complex is parenterally administered.

49. (Previously presented) The method of Claim 38, wherein said biotin is parenterally administered.

50. (Previously presented) The method of Claim 38, further comprising administering picolinic acid.

51. (Previously presented) The method of Claim 38, further comprising administering nicotinic acid.

52. (Previously presented) The method of Claim 50, further comprising administering nicotinic acid.

53. (Previously presented) The method of Claim 38, wherein said chromium complex and said biotin are administered simultaneously.

54. (Previously presented) The method of Claim 38, wherein said biotin is administered separately from said chromium complex.